

DATES NEWS**Ride, Pool Party, Brunch & DATES Meeting**
Sunday, August 4 – 8:00 am

Meet at the home of Tom & Grace Hogan (2200 Woodburn Corners, Plano, TX) to participate in all of the activities that DATES do best: ride, party, eat and meet. First we'll ride at 8:00 am with route options of 20-something and about 40 miles. Then we'll have a refreshing dip in the pool. Brunch will be served about 11:00 and the meeting will start about noon or so.

Bring a salad or dessert – something appropriate for our brunch buffet – to share. And bring your swimming gear and toys for the Pool Partying part. RSVP to Tom or Grace at 972-867-9252 and let them know what you plan to bring. Come on out and get involved in your club. We need you!

Historic Waxahachie Ride & Pool Party
Sunday, August 18 – 8:30 am

George & Ginger Cole would love for you to join them on a leisurely ride through historic Waxahachie Sunday, August 18th. Meet at the Cole's house: 207 Rock Springs Drive, Waxahachie, TX 75165.

We will depart from the Cole's at 8:30 am and return to the house for lunch and swimming. Our ride on the Gingerbread Trail will take us past beautiful homes and the Chautauqua in Getzendaner Park. From the park we will meander down the new bike trail beneath towering trees to the downtown area. While we are at the town square you may want to stop and stroll through some of the Antique stores. We'll make a round trip from downtown on the bike trail to Lions Park. Then we'll be ready to head for the house "through the back door" for a mix of Gingerbread homes and new housing.

George will fire up the grill for lunch so be sure to bring your favorite cut of meat, fish or the ever popular tube steak. The Cole's will provide soft drinks, tableware and crank up some homemade vanilla ice cream. Bring a side dish or salad to share. There is an extra refrigerator in the garage to keep your goodies fresh. Please call or e-mail the Cole's to let them know you'll be there and what you plan to bring (Home: 972-938-1874, Work: 214-922-6375, e-mail GnGCole@aol.com) They will be happy to give you directions to their home.

MELON PATCH TOUR WEEKEND
9, 10, 11 AUG 2002

You've missed the early registration discount for the Melon Patch Tour and the block of rooms at the Inn of Stephenville has been released, but that doesn't mean you can't still participate in the fun as DATES do Melon Patch Tour Weekend. Call the Inn (254-965-7162) to reserve your room for Friday and Saturday night and find out all about the rally by visiting the following web site: <http://www.deleontexas.com/biketour/index.html>

We'll have a group dinner at Pastafina's in Stephenville on Friday night at 7:00 PM. De Leon Peach & Melon Festival stuff all day and night as you choose on Saturday. Then on Sunday morning, we'll have a 30 mile DATES ride from the motel in Stephenville. (There is a short cut that gives you 18 miles if you are so inclined.) Please contact Team Hunt and let them know if you will be joining the group so we can give Pastafina's fair warning: Don & D'Ann Hunt: 972 442-6622 or d2h@airmail.net

Joint DATES/PBA
Labor Day Melissa Ride & Pool Party
Monday, Sept 2 – 8:00 am

Join Rusty & Belinda Nail and Marc & Susie Mumby for a holiday ride on quiet country roads. Meet at the Nail's home in Melissa for the ride start at **8 AM**. Mapped routes of approximately 25, 40 and 60 miles will be offered. If you would like to join us after the ride for goodies from the grill, please bring a side dish to share + lawn chairs and RSVP by email: bgnail@ranail.com or phone: 972-838-2768. The pool & hot tub will also be open for a dip after the ride, so bring a swimsuit and towel. Some soft drinks will be provided.

Directions: The ride start is located at 1613 Grandberry Drive in Melissa. Take US75 to SH121, exit # 45, 8 miles north of McKinney. Head east and turn right at first traffic light, Berry Road (CR 339, land-marked by Kim's Fudge Factory, Texaco). Look for Berry Farms subdivision about 200 yards on your left. Turn left into the subdivision and make the second right on Dewberry and then next left on Grandberry. The Nails' house is on the right about an 1/8th of a mile down with circle drive and separate garage.

Collin County Ride
Sunday, September 8th – 8:30 am

If you missed the Collin Classic this year, here's your second chance! Kevin and Linda Vinson are hosting a ride on Sunday, September 8th. The route includes part of the Collin Classic course and features plenty of rolling hills on country roads in beautiful countryside. We will start at Erwin Park in McKinney and ride approximately 30-40 miles (2 routes/distances will be available).

To get to Erwin Park in McKinney: From US 380, head north on FM1461 (about 7.1 miles east of Preston Road, SH289 and 2.4 miles west of US75). Go about 1.9 miles on FM1461 and turn right onto CR162 and then another quick right onto CR164. Go 1 mile and turn left onto CR1006. Follow CR1006 approximately 0.3 of a mile and make a right into Erwin Park. Follow the road through the park until you come to a T and then turn left. Continue on until you see the sheltered picnic area.

If anyone has questions, please contact Kevin or Linda at 972-625-6110 or via email at linda.vinson@eds.com

Look forward to seeing everyone on the 8th!

DATES Alum

Remember Bruce and Cara Camping – active DATES members several years ago? Whatever happened to them? Well, they moved to Colorado, still ride tandem, are stronger riders than ever (I assume since now they ride in the mountains!). AND they still think about DATES

If the lady in the following ad looks familiar, that's because it's Cara – now in real estate. So if you're looking for a vacation home or a tandem team to ride with in Colorado – look her up! Thanks Cara (& Bruce). We miss you!

<p>CARA L. CAMPING Broker Associate</p> 	<p>110 South Main Street PO Box 2140 Breckenridge, CO 80424</p>	 <p>GOLD - BRECKENRIDGE, COLORADO</p>
	<p>Cell 970389-3460 Office 800922-7600 x 105 carac@c21summit.com</p>	<p>23 years of professional experience Protecting your personal interests Commitment, Communication and Followup</p>



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DATES First Ever Century – Training Schedule – Fifth Month with *Climbing* Emphasis!

- Sunday, July 28th – Do monthly tandem maintenance. 30 miles: easy, low gears, spin. What is monthly tandem maintenance, anyway? It's not checking your tire pressure! You do that before every ride or at least every other ride. Monthly, I'd suggest: Make sure everything is tight – racks, bottle cages, accessories, saddles and seatposts, cranks, pedals, etc. Clean, lube and adjust your chains, derailleurs and clipless pedal mechanisms. Check brake adjustment – especially if you're using mountain bike style V-brakes with road levers and adapters! You don't want the brakes to drag, but you must be able to lock both wheels. Check for brake wear and pad alignment, and lube the pivot points of the arms and cables. Check the adjustment of the headset and hubs for excess play, and check wheels for trueness. Check your cables and housings for fraying, corrosion, and binding. Inspect your shoe cleats and soles.
- Monday, July 29th – 15 miles, brisk.
- Wednesday, July 31st – 15 miles, brisk. Did you know that half the century route is hilly? The first half!
- Friday, August 2nd – 15 miles, brisk.
- Saturday, August 3rd – 75 miles: 10 miles warm up, 55 miles brisk, 10 miles warmdown.
- Sunday, August 4th – 30 miles: easy, low gears, spin. Do this with other teams at the DATES Ride & Meeting.
- Monday, August 5th – 15 miles, brisk. Climbing is different from riding on the flats. I'm not sure why, but it is. We live in a pretty flat place, and it's hard to do extensive climb training in North Texas. I have a couple of hills (small hills, to be sure, but work with what you've got) on my training loop here in Plano, and I've been known to circle back and ride them two or three times.
- Wednesday, August 7th – 15 miles, brisk.
- Friday, August 9th – 15 miles, brisk.
- Saturday, August 10th – 75 miles: 10 miles warm up, 55 miles brisk, 10 miles warmdown.
- Sunday, August 11th - 35 miles: easy, low gears, spin.
- Monday, August 12th – 15 miles, brisk.
- Wednesday, August 14th – 15 miles, brisk.
- Friday, August 16th – 15 miles, brisk.
- Saturday, August 17th – 80 miles: 10 miles warm up, 60 miles brisk, 10 miles warmdown. For my money, the finest climb in North Texas is on Texas 4, the top of the hill being two miles south of Palo Pinto. The climb is about two miles long, and includes as close to a switchback as any road in this part of the state. In the early days of DATES' SAR ride, we finished up two days of riding by making this climb. The captains affectionately dubbed it the "widow maker"!
- Sunday, August 18th – 20 miles: easy, low gears, spin. Do this with other teams at the DATES Ride.
- Monday, August 19th – 15 miles, brisk.
- Wednesday, August 21st – 15 miles, brisk. Drink, drink, drink.
- Friday, August 23rd – 15 miles, brisk.
- Saturday, August 24th – 45 miles: 10 miles warm up, 20 miles @ 2 hard/2 easy, 5 miles brisk, 10 miles warmdown.
- Sunday, August 25th – 25 miles: easy, low gears, spin. Many teams consider the finest tandem riding to be over rolling hills where the team can maintain their momentum over the length and grade of the up hills. Schweet!!
- Monday, August 26th – 15 miles, brisk.
- Wednesday, August 28th – 15 miles, brisk. Using a chamois cream, sunglasses or a sunblock you really like? Tell your fellow club members – write a product evaluation for the DATESLINE!
- Friday, August 30th – 15 miles, brisk.
- Saturday, August 31st – 50 miles: 10 miles warm up, 20 miles @ 2 hard/2 easy, 5 miles easy, 5 miles brisk, 10 miles warmdown. I have some ideas for the 2003 century route – fewer rolling hills, more big climbs!
- Sunday, Sept 1st – Do monthly tandem maintenance. 40 miles, easy, low gears and spin. Any riding kit or equipment you plan on carrying on the century (in just one more month!) should be a part of your regular gear by now.

Can you believe it?!? You've done over 2600 miles on the DATES Century Program since you started in April! You guys are going to light the century route up! New outfits for the entire team!

TOUR d'ALSACE

John McManus

(Check out our website doubledates.com for pictures of Team McManus-Cole's trip to France and Ireland.)

Brenda and I joined 22 other BAC cyclists in Northeast France for a two week tour in June. Here's our report.

Alsace is one of France's 22 governmental regions. The Alsatian Plain is bounded by the Vosges Mountains and the Rhine River. The area is heavily agricultural and almost all crops seem to be grown here. But the main crop is the grape. Perfectly straight lines of vines are seen everywhere, including on very steep slopes.

From the grape comes the wine and Alsace is known for its wines, primarily the whites. Wines of the Appellation d'Origine Controlee (A.O.C.), both Alsace and Alsace Grand Cru, are named after the grape varieties – Riesling, Gewurztraminer, Sylvaner, Pinot Blanc, Tokay Pinot Gris, Muscat d'Alsace and Pinot Noir. These are complemented by a Cremant (sparkling wine) and Edelzwicker, "wine varieties assembled to form a harmonious wine". We call the latter a blend.

Over the centuries, control of the Alsace region has frequently switched many times, involuntarily I'm sure, between France and Germany. Most local residents today claim neither country – they are Alsatian. But the outsider can see and feel the two cultures: Alsace looks German, but tastes French. By this I mean it "looks German" because the small towns are mostly half-timbered houses; they are neat and orderly and every town has wonderful flower gardens. As we cycled into each town, we noted the "flower rating" (1 to 4 flowers) on the city sign. But when you sit down to dinner, and we did a lot of this, you know you're tasting great French cooking.

But we're here to cycle; at least that's the pretense. And Alsace is a great place to cycle. As already mentioned, this is an agricultural area and as such it is rural with small roads connecting the small farming communities. These villages are less than 5 miles apart, often half that distance. We went through many a village on a weekday morning without seeing a soul. I guess they were all out in the fields or in the home baking bread. But the roads were ours. Our BAC volunteer tour leader planned wonderful routes. Although the rural roads seemed ideal cycle routes to me, we often – maybe 30% of the time – were routed instead on one-lane roads through the vineyards or on the many bike paths in this region. The terrain was "rolling" unless you went into the Vosges. And we did that a few times. The grades here were gentle, usually

about 6 percent, and the mountains were forested. This was particularly welcome during the second week when the weather turned hot.

The cities where we spent the night - La Wantzenau, Hagueneau, Climbach, Saverne, Obernai, Riquewihr, Munster, Colmar, and Selestat - were fairly small, but large enough to have a nice hotel and a great restaurant. We believe that the hotels were selected based on the reputation of the resident chef.

But even the largest city, Strasbourg with a population of almost 400,000 is a people-friendly city and a cycle-friendly city with hundreds of miles of bike paths. Strasbourg is considered by many to be "the capital" of Europe. This university town is home to the European Parliament and the European Council. It is a historic town that has blended chic shops with historic buildings. Our tour started in La Wantzenau instead of Strasbourg because parliament was in session and the hotels were booked.

On this tour I had to change my opinion of "the French". Based on bad experiences 25 years ago, my opinions were not positive. But every French person we met on this trip was friendly and many went out of their way to help us:

- A French cyclist was eating lunch (sandwich, French fries, two beers and a bottle of water) at the same outdoor restaurant as us. As he left, he insisted on giving us his well-worn map of area bike routes.
- As two tandems left town for a ride into the mountains, a 36-year old Frenchman on a mountain bike insisted on escorting us – and then entertained us non-stop up the climb.
- The owner/chef at the hotel where the tour started and ended cooked us fantastic 9-course meals on his day off, not one time but three. And when he learned that 10 of us had arranged for taxis at 6:30 am, he had breakfast ready at 5:30 – two hours earlier than normal - including croissants, hot out of the oven.

We would go back to this area in a heart-beat. Some of our friends suggested it would be a great place for several couples to rent a villa for a week and do day-rides. Any takers?

Enjoy a Safe and Successful HHH!

San Juan Islands

By Harry and Janette Thompson

We arrived in Seattle on Friday, July 28 to a pouring rain. As this is the Pacific Northwest, we were expecting less than perfect weather. I had purchased fenders just for this trip, which was the brainchild and had been planned by John Griswold. 14 riders were coming together from several different places all at different times and flights. Besides yours truly, there were Reggie and Linda Bowers of Longview, Terry Trickett of Anaheim, and the rest from Houston: John and Nancy Griswold, Peter Marks and M. K. Bissel, Roger and Jane Rowe, and the Curries, Allan, Debbie, and 10-year-old daughter Amanda. Part of this group was from our France tour last year.

The one thing we all had in common was our bikes. I don't know if it was coincidence, but the bikes were all made by Green Gear. Reggie and Linda had their new recumbent, the Curries were on a triple, Terry was on a single, and the rest of us had Two'sDays. The Bowers had rented a van, and besides riding they provided our Sag Support.

Note: We met an elderly gentleman in the elevator of our hotel in Seattle. As we were dressed alike, we told him of our tandem plans. That was when he commented that Janette had B.S.H. legs. She asked him what that meant. If you get a chance, ask her.

We were off on a cool but sunny Saturday morning to the ferry for Bainbridge Island. The riding was very good but there was more traffic than we cared for. We took our time and meandered to our destination of Port Townsend, arriving after 6:00. We enjoyed the first night together at a local restaurant.

Sunday morning we had an early ferry to catch to Whidbey Island. Sometime during the day, I lost one of the screws from an SPD cleat. I was truly unclipped until my dear friend Peter Marks came up with a spare part. Late in the afternoon we went over Deception Pass. It is a narrow two-lane bridge built in 1935 that connects Whidbey and Fidalgo Islands. Everyone had warned us of this bridge and it lived up to its reputation. Don't look down if you have an aversion to heights.

We caught the last ferry of the day from Fidalgo to Lopez Island. When we pulled into our B & B there was a coupled titanium Santana tandem in the bike rack. It turned out to belong to DATES members Dwayne and Kim Sinclair! We shared some wine at happy hour with them and found out they were doing a similar trip by themselves.

From Lopez, we took the ferry to Orcas Island. We spent two nights there and took two side trips. One was up Mt. Constitution; a 2400 ft. climb in 4 miles. Reggie rode his recumbent tandem to the top stokerless. It was a real challenge for all and we were whipped by the end of the day.

Our next stop was San Juan Island. We saw our friends from DATES at the ferry landing. They were just leaving. We rode two days on this island where the highlights were a lavender farm and a lighthouse point for whale watching.

Thursday we were off on the ferry to Victoria. This is a major city and we tried to get a route that would not have much traffic. Because of the numerous times we got lost and the late ferry ride, we didn't get to our hotel until 8:30 p.m.. Friday we didn't ride, but spent the day sightseeing, including touring the Butchart Gardens and Craigdarroch Castle -- both well worth visiting. Saturday we took the Victoria Clipper (an express ferry) back to Seattle.

Sunday we went home. As we were sitting on the plane waiting for takeoff, it began to rain. It occurred to me that it had not rained at all during the eight days we had been on the trip. A truly remarkable feat in the Pacific Northwest.

We had a great time on the trip. John did a terrific job of planning and herding 14 people to ferries, dinners, B&Bs, and keeping us together on the rides (think about herding cats). We didn't ride too much, but concentrated more on sightseeing. Our longest day was 48 miles. The weather cooperated and it was wonderful to be cool in July. We started each day wearing tights and arm warmers; each evening we wore jackets to dinner. The days are much longer in this North Country and it seemed strange to see the sun setting at 9:30. If you are in the San Juan Islands, ferries are a way of life. Some days we took two. It soon became a routine to ride on, lash our bikes to the gunwales, and head upstairs for a latte and nap. Oh yes, we can't forget the coffee. Starbucks and its imitators are everywhere. I think I am hooked on latte.

Except for the Rowes, we had toured with all these riders in the past. It is a lot of fun to take this type of vacation with friends. Special thanks to our good friend John Griswold for putting this together and including us. I'll think of him every time I have a latte.

Tandem Cycling the San Juan Islands

Kim & Dwayne Sinclair

"How about a bicycle camping vacation around the San Juan's for a week" my stocker Kim offered - "Sounds great, where is that?" I asked. The San Juan Islands are a group of Islands off the coast of the US north of Seattle. The port of Anacorties has ferries running all day to move you around all the Islands. For a Tandem bike and two riders, a fee of \$21 paid at Anacorties allows you to travel out to the Islands, unlimited travel between the Islands, and return to Anacorties for as long as you like. Our plan was simple - check out everyone else's plan!! We consulted with bicycle gurus John and Brenda McMannus and Cole, Bicycle Adventure, and Backroads and basically developed a plan similar to theirs attempting to spend two nights on each of the three big Islands - Lopez, San Juan, and Orcas.

We initially planned this as a camping trip so we purchased a lightweight tent. Given we were traveling with the Tandem bike, we wanted to book accommodation for the first and last night so we had a place to unpack and pack our bike and store our cases - We picked an Inn in the town of La Connor as our base which is 19 miles from Anacorties and the ferry terminal. We chose La Connor as it is a beautiful tourist town and its location is easily accessible from the Seattle Airport by shuttle bus. Southwest Rapid Rewards got us to Seattle's SEATAC airport and credit cards got us to La Connor via the Shuttle Bus and a small taxi trip. While waiting for our cases at SEATAC, we met several members of the Texas Tandem Tour - their agenda was similar to ours so we were sure we would meet up again.



Team Sinclair plus some of the Texas Tandems

On our arrival at the Channel Lodge Inn (☆☆☆☆) in La Connor, we were greeted with wine and cheese and a Backroads bicycle tour group. It was pouring with rain and this is where our vacation started to change from our original plans. Concerned about the rain, I

attempted to book a second night at the Channel Lodge but they were booked out. A quick phone call found accommodation on the other side of La Connor at the Wild Iris Inn (☆☆☆☆) - we were happy.

First thing in the morning I assembled the Tandem. It took almost three hours including time to tune brakes and derailleurs. Loading all our gear onto the bike gave us a bit of a shock with the bike quite flexible under the heavy load. Kim and I now have seen scientific proof that Titanium is a springy metal - At one stage in an attempt to move the bike, I set up a Mexican Wave with no help from me to keep the bike oscillating from end to end - soooooo Plan B.

We moved our bags from Inn to Inn and checked in for our second night in La Connor at the Wild Iris Inn. I got on the phone and was able to easily organize accommodation for the rest of our vacation at Inn's and Bed & Breakfasts on Lopez (2 nights), San Juan (1 night), and Orcas Islands (2 nights). "What happened" Kim asked "Last night I went to bed thinking I was on a camping holiday and today I'm on a Bed & Breakfast holiday!!" A nice ride on the Tandem from La Connor to Anacorties for lunch and back gave us 30 miles for the first day.



Kim and Dwayne Sinclair

Day three of our vacation had us riding from La Connor to Anacorties jumping on the ferry to Lopez then riding from the Lopez ferry terminal to Edenwild B&B (☆☆☆☆) for a two night stay. This is where we met up with the Texan Tandem Tour and a whole lot of Tandem Bike Friday's. The group was generous to include us in a glass of wine before they took off to dinner. We were invited to dinner with the group but had already made other plans. Edenwild Inn was our favorite Inn of the trip. Day four of our trip was a

fantastic ride south and return on Lopez. From the beach at the end of our ride we could see a pod of Orcas moving around being followed by the whale watching tour boats. The day was beautiful and the riding fantastic. We finished up the day with a wonderful meal at the local restaurant watching the sun go down.

Day five was a ride down to the ferry terminal, a ferry to San Juan Island's Friday Harbour and a ride south to Olympic Lights B&B (☆☆☆☆). It was a hard ride to Olympic Lights up some tough hills. Upon our arrival we lunched, read, and dozed in the sun before checking into our room. After a rest we rode to the south coast for dinner on the beach. This was a great ride – it was late in the day and we were amazed to see an American bald eagle soaring near the beach, a brown fox watching us, and more pods of Orcas being followed by whale tour boats off the coast.



Dwayne on the waterfront

With only one night on San Juan Island, day six was a ride back to the ferry terminal, a ferry to Orcas Island and a ride from the ferry terminal to East Sound and Kangaroo House B&B (☆☆☆☆). On our ride into town early evening we found a bar with fish and chips and good local beer – Life does not get much better than this.

Day seven was a ride from East Sound to West Sound. For whatever reason we thought our accommodation was at West Sound. Four miles from West Sound we stopped at Kingfisher Inn (☆☆☆☆) for a special lunch of fried oysters and chips. Kim realizing there was accommodation at Kingfisher Inn said she wished we were staying there since it was so nice. As we were leaving, Kim made me get a brochure for the Inn (I had to go back twice since I did not remember it the first time). When I gave the brochure to Kim, she noticed that the phone number for Kingfisher Inn matched the phone number for the accommodation we were supposed to be staying at for this night. "Do you have

reservations for the Sinclair's?" I asked and Kim was very happy with the "Yes" answer. After cleaning up and dumping our gear, we rode to West Sound for Ice Cream and back.

Day seven was an amazing breakfast at Kingfisher Inn - a cooked breakfast from the Inn's menu and an enormous serving of bacon, eggs, toast, and biscuits. This was our last riding day with a ride from Kingfisher Inn to the ferry terminal, a ferry to Anacorties, and the ride from Anacorties to La Conner and Wild Iris Inn. The folks at Wind Iris were very happy to see us and I spent the evening packing the bike in its cases. Dinner in La Conner was pizza and salad at a micro brewery – Great beer!!

Day eight was an early morning starting with a taxi at 6:00 to the bus stop, bus to SEATAC, and South West Airlines from Seattle to Dallas via Las Vegas and El Paso. We achieved a total of 160 miles of riding for the seven days. Some observations:

- We have never had a vacation where so many people talked to us. Many were interested in the bike and a few were Tandem riders in their home town. We got a lot of attention.
- Clothes, cooking, and camping gear is too much on a Tandem without a trailer!! Don't try it.
- A bungy net with two hooks is the coolest way to hold jackets and other bits and pieces behind the stoker.
- We carried our cooking gear with us (purchased white gas fuel in Anacorties). We were always stopping at stores and supermarkets and carried picnic lunches and dinners with us – We had a few amazing dinners on the beach by ourselves.
- You do not have to ride up Mt Constitution on Orcas Island (we didn't).
- Inn's and B&B's were from \$120 to \$160 per night. We liked the ones where they left you alone to do your own thing. Upon our arrival we would ask for a pot of tea – very nice.
- Weather was gorgeous with only a little rain on the Islands. The mainland gets a lot more. Temperature was around 60F to 75F. Lots of light – Sun is up at 5:00AM and down about 09:45PM.
- Best to stay at least two nights on the same Island so that you have a whole day riding without dragging your gear around.
- Wild Iris Inn in La Conner had a great function room and we were welcome to use it for assembling and disassembling our bike.

Hi to Janette, Harry, Peter, Linda, Reggie, and all the other riders from the Texan Tandem Tour.

DATES TREATS

More Proof that "We Ride To EAT!"
(Served at June 2nd DATES Meeting)

Team Henbest's "King Ranch Chicken Casserole"

- 1 large onion chopped
- 1 large bell pepper chopped (any color, red, green, yellow, or orange)
- 2 Tbsp. oil
- 2 cups chopped cooked chicken
- 1 (10 3/4-ounce) can cream of chicken soup, undiluted
- 1 (10 3/4-ounce) can cream of mushroom soup, undiluted
- 1 (10 ounce) can diced tomato and green chiles (undrained)
- like Rotel brand
- 1 teasp. chili powder
- 1/4 teasp. salt
- 1/4 teasp. garlic powder
- 1/4 teasp. pepper
- 12 (6-inch) corn tortillas
- 2 cups (8 ounces) shredded cheese (cheddar, colby/jack, or 4 Mex mix)

Saute onion and bell pepper in hot oil in a large skillet over medium heat 5 minutes or until tender. Stir in chicken and next 7 ingredients; remove from heat. Tear tortillas into 1-inch pieces; layer one third of tortilla pieces in bottom of lightly greased 13x9-inch baking dish. Top with one-third of chicken mixture and 2/3 cup of cheese. Repeat layers twice. (We reserved last layer of cheese and sprinkled it on top during the last 5-10 mins. of cooking time.)

Bake at 350 degrees for 30 to 35 minutes. Serves 6-8 generously. Extra good served with fresh pico de gallo (recipe follows).

Note: Make it ahead and refrigerate; or freeze it up to one month, thaw it in refrigerator overnight, and allow extra baking time.

Henbest's Fresh Pico de Gallo

- 2 large or 4 small tomatoes, chopped
- 1/2+ cup finely chopped onion
- 1 (small) can green chilies or jalapeno peppers, seeded and chopped
- 1 (small - 5.5oz) can tomato juice
- 1/2 teasp. salt
- chopped cilantro (optional)

Combine all ingredients, stir well, chill, serve.

We use it on almost everything; like enchiladas, tacos, eggs, fajitas, cottage cheese, chips, and of course, mexican type casseroles



DATES BUY & SELL

Got tandemless friends?

Excellent condition Trek T-100 Double Track Hybrid Tandem. Bike ridden very little, paint near perfect. Shimano Deore LX, Grip Shift, 700C wheels, new chains, frame pump, bar ends, bottle cages, Terry and Vetta saddles. This bike is a medium, maybe large (19.5 & 21.5) frame.

Ready to ride, \$850.00 or best offer.

R. D. Vanderslice, office: 972-771-6234, home: 972-771-5465, email: therwflash@msn.com.

Sign up for DATES Email Distribution List

Receive up-to-the-minute information about scheduled & impromptu rides and other events and matters of interest to cyclists in general and tandem riders in particular. Go to web page groups.yahoo.com/group/DATES1 and click on "Join This Group" in the upper right corner of the panel, then click on "Sign Up Now" to go to the sign up page.

If you have any trouble signing up, e-mail Warren Casteel at warren@casteel.com and he will assist you.

September 2002 DATES-LINE Schedule:

Mailed by: August 29, 2002

DALLAS AREA TANDEM ENTHUSIASTS

WEB Page: www.doubledates.com

2002 Double DATES Rides & Activities

RIDE	DATE	START TIME	START PLACE	RIDE HOST	PHONE # / E-MAIL	DISTANCE	DETAILS
Hogan's Ride, Pool Party, Brunch and DATES Meeting	Sunday Aug 4	8:00 AM	Home of Tom & Grace Hogan 2200 Woodburn Corners Plano, TX	Tom & Grace Hogan	972-867-9252	20-something or about 40 miles	RSVP. See Article
Melon Patch DATES Weekend	Fri - Sun Aug 9-11		Inn of Stephenville Stephenville, TX	Don & D'Ann Hunt	972-442-6622 d2h@airmail.net	30 miles on Sunday	Make your own reservation at the Inn and register for the Melon Patch Tour. RSVP. See Article
Historic Waxahachie Ride & Pool Party	Sunday Aug 18	8:30 AM	Home of George & Ginger Cole 207 Rock Springs Drive Waxahachie, TX 75165	George & Ginger Cole	H 972-938-1874 W 214-922-6375 GnGCole@aol.com	Short - less than 25	Bring your own entrée to cook on the grill and a salad or side dish to share plus your swimming gear. RSVP. See Article
Joint DATES/PBA Labor Day Melissa Ride & Pool Party	Monday Sept 2	8:00 AM	Home of Rusty & Belinda Nail 1613 Grandberry Drive Melissa TX	Rusty & Belinda Nail; Marc & Susie Mumby	bgnail@ranail.com 972-838-2768	25, 40 or 60 miles	Bring a salad, side dish or dessert to share plus your swimming gear. RSVP. See Article
Collin County Ride	Sunday Sept 8	8:30 AM	Erwin Park McKinney, TX	Kevin & Linda Vinson	972-625-6110 linda.vinson@eds.com	30 - 40 miles	See Article
DATES First Ever Century	Sunday Sept 29	8:00 AM	Downtown Van Alstyne, TX	Tom Shaddox & Brenda Hursin	lishaddo@gte.net	Half, metric & full century routes	Free for DATES members. \$9.00 per non DATES team includes half year DATES membership. Register by 09/23

Upcoming Area Pay Rides

RIDE	DATE	START TIME	START PLACE	ADDITIONAL INFORMATION
15th Annual Keller Kountry Bike Rally	Saturday Aug 3	7:30 AM	Keller Sports Park, 265 Golden Triangle Blvd. Keller, TX	http://www.kellerlib.org/kkr1.htm
Melon Patch Tour	Saturday Aug 10	8:00 AM	De Leon, TX	http://www.deleontexas.com/biketour/index.html
Hot Rocks 2002	Saturday Aug 10	8:00 AM	Utley Middle School, Yellow Jacket & Townsend Dr. Rockwell, TX	972-722-5810 Email: rotaryride@aol.com
Red Hot Chili Pepper Ride	Saturday Aug 17	8:00 AM	Calumet Community Center 321 A Calumet Avenue, Dallas, TX	Claire Boyett, Calumet Community Center - 214-467-1966 ext. 313 Monday - Friday regular business hours. E-mail redhotrally@hotmail.com
Hotter'N Hell Hundred	Saturday Aug 24	7:10 AM	Scott & Wichita Street Wichita Falls, TX	http://www.hh100.org/
Cotton Patch Classic	Saturday Aug 31	8:00 AM	Hunt County Courthouse downtown Greenville, TX	http://www.gaspbikeclub.org/index.html
Jackrabbit Stampede	Saturday Sept 7	8:30 AM	Forney High School Stadium FM 740 South, Forney, TX	http://forney-texas.com/stampede/

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DOUBLE DATES, the Dallas Area Tandem Enthusiasts, is a recreational club for riders of tandem bicycles. Membership dues are \$18 payable annually in January. If a team joins mid-year, the dues are: Jan – June \$18; July – Oct \$9. Teams joining in November or December pay \$18 and are paid up for the following year.

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